

Physiotherapy

Department of Rehabilitation

Shoulder Surgery

Post-operative Rehabilitation

CARING FOR YOUR ARM AFTER SHOULDER SURGERY

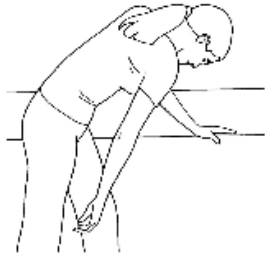
i. General arm care tips

- You may prop your arm up on a pillow to prevent/reduce swelling of the surgical wound.
- Do not sleep on your affected arm or lie on that side.

ii. General precautions for the affected arm after shoulder surgery

- There may be a period of immobilisation for a period of up to 6 weeks.
- There may be certain movements you will need to avoid for a period of up to 6 weeks, depending on your surgery.
- Avoid using the affected arm to lift/carry heavy loads.
- Follow instructions of the exercises of the arm carefully.

iii. Rehabilitation exercises for the affected arm after surgery



Shoulder Pendulum

Stand and lean against a table with one hand.

Let your operated arm hang relaxed straight down.

Swing your operated arm:

- I) Forwards and backwards
- II) Side to side
- III) In a circular motion, clockwise and anti-clockwise

Perform 20 times for each set, 3 sets daily.



Shoulder Pinch

With your arms at your sides, bring your elbows back and squeeze your shoulder blades together.

Keep your shoulders back and down.

Repeat 20 times for each set, 3 sets daily.

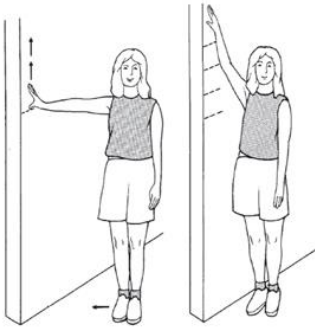


Forward Wall Walk

Stand close to the wall and extend your affected arm directly in front of you so that your fingertips touch the wall (as shown in the diagram on the right).

Slowly walk your fingertips up and down the wall.

Repeat 20 times for each set, 3 sets daily.



Side Wall Walk

Stand with your affected arm next to the wall.

Slowly walk your fingertips up and down the wall.

Repeat 20 times for each set, 3 sets daily.



Stick Raises

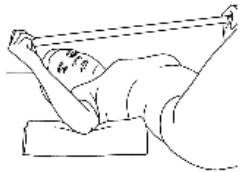
Stand and grip one end of the stick with the affected arm?

Lift the stick:

- I) Forwards
- II) Sideways

with assistance from the other arm.

Repeat 20 times for each set in each direction, 3 sets daily.



Shoulder External Rotation

Lie on your back with the elbow of the affected arm at a right angle.

Place a rolled towel beneath the elbow.

Hold the stick with both hands.

Gently push the stick to move the affected arm outwards while keeping the elbow close to the body.

Repeat 20 times for each set, 3 sets daily.

Disclaimer:

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.